

Schoharie County Public Health Matters

Schoharie County
Department of Health



Protect Yourself from Ticks

Special points of interest:

- Pouring medications down the sink sends them into the water supply, harming the environment
- Prevent rabies have your pets vaccinated
- Lyme Disease cases both in animals and humans are increasing in the county—Protect Yourself
- Join First Lady Michelle Obama to tackle the challenge of childhood obesity

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Avoid Areas with Ticks

- Ticks prefer wooded and bushy areas with high grass and a lot of leaf litter. These are areas to avoid.
- Take extra precautions in May, June, and July. This is when ticks that transmit Lyme disease are most active.
- If you do enter a tick area, walk in the center of the trail to avoid contact with overgrown grass, brush, and leaf litter.
- Ask your local park or extension service about tick infested areas to avoid.

Keep Ticks OFF

- Use insect repellent with 20% - 30% DEET on exposed skin and clothing to prevent tick bites. Effective repellents are found in drug, grocery and discount stores.
- Permethrin is another type of repellent. It can be purchased at outdoor equipment stores that carry camping or hunting gear. Permethrin kills ticks on contact! One application to pants, socks, and shoes typically stays effective through several washings. Permethrin should not be applied directly to skin.

- Wear long pants, long sleeves, and long socks to keep ticks off your skin. Light-colored clothing will help you spot ticks more easily. Tucking pant legs into socks or boots and tucking shirts into pants help keep ticks on the outside of clothing. If you'll be outside for an extended period of time, tape the area where your pants and socks meet to prevent ticks from crawling under your clothes.

Check your skin and clothes for ticks every day

What To Do With Old and Unused Medications

Flushing or pouring meds down the sink sends them into the water supply, harming fish and the environment. Instead:

- Put meds in a plastic bag (crush pills and add water to dissolve them). Seal

the bag and place it in the trash

- Mix with undesirable things like cat litter or coffee grounds and throw in garbage

- Put meds in a jar, fill with water, seal and throw in trash

Due to state law, pharmacies DO NOT take back medications.





Any mammal can get rabies. It can only be passed to another animal or person through saliva. You cannot get rabies from blood.



Rabies - GET THE FACTS source Centers for Disease Control and Prevention

Rabies is a serious disease that is caused by a virus. This year, over 55,000 people will die from rabies. That's one person every 10 minutes.

Rabies is 100% preventable. Animals can be vaccinated and people who have been bitten can receive vaccines to fight the disease.

Half of the people who die from rabies are under the age of 15.

Rabies is a big problem in Asia, Africa and Latin America.

In the US, rabies has been reported in every state except Hawaii.

Rabies got its name from a Latin word that means "to rage". An animal with

rabies sometimes acts as if it is angry.

Rabies attacks the brain and spinal cord. If it is not prevented, it will cause death.

Any mammal can get rabies. It can only be passed to another animal or person through saliva. You cannot get rabies from blood.

Animals with rabies may act differently. It's always best to stay away from wild animals and to be careful with other people's pets.

If you are bitten, wash out the wound for five minutes with soap and water and then to your primary care physician or emergency room right away. If there is a chance the animal has rabies, your doctor will

want to give you the rabies vaccine to make sure you don't get rabies.

TO PREVENT RABIES:

Vaccinate your dogs, cats and ferrets against rabies;

Keep your pets under your supervision so they don't come in contact with wild animals;

Don't handle wild animals and if you see one acting strangely, call your local animal control officer;

If you are bitten by an animal, wash the wound with soap and water for at least five minutes and then go to your primary care provider; and

Have your pets spayed or neutered so they will be more likely to stay home.

Fatal Injuries Among Animal Handlers in NYS - NYS FACE

Farmers, veterinarians and other animal service workers handle animals on a daily basis. According to the NYS Fatality Assessment and Control Evaluation (NY FACE) program, seventeen people died on the job from animal related incidents between 2002 and 2008.

The following measures can help prevent fatal injuries to animal handlers:

1. Provide workers with the knowledge of animal behaviors and habits;
2. Provide employee training in the hazards associated with animal

handling and safe handling techniques; and

3. Design, construct and maintain a safe animal handling facility.

For more information visit www.nyhealth.gov/nysdoh/face/face.htm





Schoharie County MRC News

MRC volunteers from Cobleskill Regional Hospital and staff of the county's Department of Health were reunited again in April during "2010 Public Health Week" to be honored by the New York State Department of Health Commissioner Dr. Richard Daines. Dr. Daines presented the Balto Award for the high level of commitment demonstrated by staff and volunteers during the 2009 Novel H1N1 vaccination campaign.



Photo by Dick Danielsen

Visit the [Schoharie County pages](#) for more information on volunteering and training for the Medical Reserve Corps.

H1N1 After Action Review

On Monday, June 14, thirty-five representatives from the Medical Reserve Corp; Emergency Management Office; Cobleskill Regional Hospital; Health Department; Department of Public Works; local health clinics, private medical practices and school

nurses gathered at the Holiday Inn Express in Schoharie for a review of the H1N1 response in the county.

A lively discussion on what went well and what could be improved upon ensued. Many suggestions were offered.

The H1N1 response was an excellent opportunity to show the agencies' collaborative efforts. The After Action Review further highlighted the county-wide interagency ability to come together in a unified way to prevent, promote and protect public health.

Are You Asking For It? - source CDC

If you're **NOT** asking for the vaccines you need,

you just might be asking for something you really don't want–

like a serious infection or long-term health problems.

To find out more about adult vaccines, take the

CDC Adult Vaccine Quiz

<http://www2a.cdc.gov/nip/adultImmSched/>

This **30-second quiz** gives you a list of vaccines that could help you the most. Take the quiz, then talk to your healthcare provider about the results.

And make sure you ask for what you need.



Take the CDC's 30-second online quiz to see what vaccines you may need then visit your health care provider to discuss your immunization record.

This newsletter provides general information only. Our readers should make an appointment with their primary health care providers for all health issues and concerns.



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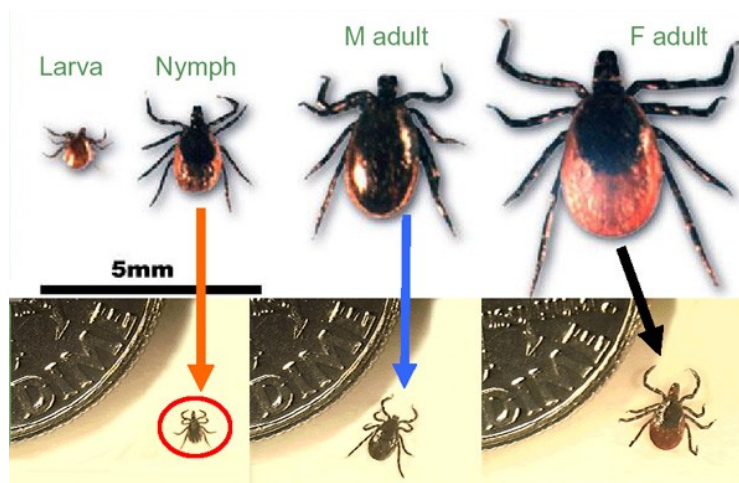
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Today's Health Tomorrow's Future

[SCDOH](http://www.schohariecounty-ny.gov/CountyWebSite/Health/healthhome.html) we're on the web at
<http://www.schohariecounty-ny.gov/CountyWebSite/Health/healthhome.html>



Lyme disease affects people and animals worldwide. Dogs and horses are susceptible to Lyme disease.



Visit the [Lyme Disease Foundation, Inc.](http://www.lyme.org/front.htm) at <http://www.lyme.org/front.htm> for further information on Lyme Disease.

Raise a Healthier Generation of Kids

Poor nutrition is one of the biggest threats to the health of New York children.

Too often children get the wrong message about nutrition. In part, this is due to heavy commercial promotion of sugary beverages and calorie laden fast foods.

Today 60 percent of adults and one-third of children in NYS are overweight or obese. NY spends nearly \$8 billion a year on health care for obesity-related illnesses, of which about 80 percent is paid by

taxpayers through Medicare and Medicaid.

Overweight children risk growing up to be adults with health problems including diabetes, high blood pressure, heart disease, some forms of cancer and joint problems. These diseases were once thought of as adult problems are now being seen in children.

To help maintain a healthy weight in addition to paying attention to food, children need to be physically active. The 2008 Physical Activity

Guidelines for Americans recommend that children get at least 60 minutes of moderate to vigorous physical activity daily.

Parents can start in the supermarket to improve children's health by choosing low-fat milk instead of sugar-sweetened beverages. Buy crispy vegetables, tasty fruits and low-fat or fat-free yogurt as healthful snacks.

To learn more about childhood obesity visit [NYSDOH](http://www.nysdoh.org) and [Let's Move](http://www.letsmove.org)



Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity.